Recovery Kernel

Psychodrama Part

Do am. Take am back. Change the story. Heal am for public.

Why doing things go heal wetin just talk talk no fit.

Psychodrama na Jacob Moreno don develop am for 1920s — e no be for fun, e no be roleplay, but e be clinical intervention wey e base on specific neurological insight: brain dey process experience wey you do (enact) differently from experience wey you just talk (narrate). When you tell the story of wetin happen, prefrontal cortex dey active — you dey manage, edit, and frame am. When you actually do the story, limbic system go engage. Body memory go activate. Emotional charge go surface for one form. dat kind thing wey make we fit talk am, make people see am, and make we fit drop am.

Every technique for this module get say mechanism wey dem sabi. The object ritual (the baby powder) e dey work because the brain's fear and craving response don learn to follow objects — and dem fit learn am again through doing things with those objects. The stigma simulation e dey work because shame dey live for isolation, and e go lose power when e become universal. The healing enactment e dey work because the body wey dey do recovery dey create the neural associations of recovery — the brain no fit fully Kọ́ difference betwixt real experience and simulated experience for the limbic level.

Dis module na most powerful tool for Kernel meeting library. E also be one wey need most skill for facilitator, most safety, and most preparation. You must read the whole module before you run any part of am. Safety protocols no be optional.

Safety Rule for Facilitator — You Must Read Before You Continue

- No run dis module for first three meeting when group just start. You must build trust first.
- Make we show the Nigeria Suicide Prevention: 08062106493 number, and make we talk am when we start. Make sure at least one person for the room wey you trust to sit with person wey dey feel distressed.
- Nobody need to join in any acting. Just being there and watching (witnessing) is full participation.
- The facilitator no dey act character for the main drama — you be the director and you must hold safety throughout.
- If person start to dissociate (meaning e dey very still, eye no dey focus, no dey respond), you must stop the session immediately. Use this grounding phrase: 'You dey for this room. Today na [date]. You safe. Tell me one thing you fit feel right now.'
- You must always close the session with the Healing Enactment (Module 3) —

no dey leave group for middle of pain without finish the journey to repair.

Module 1

Object Ritual

Power dey for connection — you must take am back by passing am through the group.

The way healing dey work

Craving no be just thought. E be more say e be association with object. Brain don link specific objects — like bag, pipe, bottle, or certain color of packaging — with the chemical feeling of the substance. When you see those objects, the craving go start before you even think about am. Dis one na classical conditioning, and e dey for body, e no dey for mind.

Object ritual na way e work. E go introduce STAND-IN object — na something wey e look like real thing pass enough to make small kind reaction happen — and then we go work with that object for group context wey go actively reprograms the association. Presence and response of everybody for group go become the new paired experience. By the time ritual finish, dem go handle am, examine am, laugh at am, and finally throw am away. The association don stop, and e don get new one take place.

1.1

The Baby Powder Ritual

The shine of the thing — we go break am down as e dey happen

Wetin You Need

- One tin of baby powder, talcum powder, or any kind of white powder like am.
- Small mirror or dark flat surface (e no be must — e go help make e clear eye)
- Put one dustbin wey everybody go see for center of room.
- No music during dis ritual — silence be the container

FACILITATOR: I get something for this bag. I go pass am around. No open am yet.

[[Pass the sealed bag round the circle. Make everybody hold am, feel the weight, but no open am.]]

FACILITATOR: How e feel when you hold am?

[[Small answer only. No press anybody. Move on.]]

[[Open the bag. Show say na baby powder. Some people go laugh. Let dem.]]

FACILITATOR: See wetin we go do. I go put some things for this surface.

[[Put small small for mirror or dark surface. Draw am make line if the group dey comfortable.]]

FACILITATOR: Look at am. Wetin e look like?

[[Group go react. No dey force anybody. Some go laugh, some go quiet, some go feel something for body. Every reaction na valid one.]]

The Three Acts of the Powder Ritual

ACT ONE — THE GLAMOUR: 'Dis na how e look. Dis na how the picture look for your head before you use am. The clean line. The ritual of am. The promise of am. The movies dey make this look like glamour. Your brain dey make this look like glamour too. We dey look at baby powder. We dey look at baby powder all time.'

ACT TWO — THE RATIONALIZATION: Facilitator go ask: 'Who fit tell me how the first time happen? No be your story — na first time for your HEAD. You tell yourself say e go fine. Walk us through the math.' (Take 2-3 short answers.) 'One time. Fine. Two times. Still fine. Then when the third time, your nervous system change, and fine no dey for there again.'

ACT THREE — THE FIREWALL: 'Before we move pass — everybody look at this powder. E no get power, except the power we give am. Right now, together, we dey withdraw the power.' Facilitator pick up the mirror or surface. 'I go carry dis go trash. If anybody want add something — one word, one sound, one gesture — while we dey carry am go trash, do am.' Walk slow. Group respond How dem go reply, just throw am for dustbin. Done.

The Talk Back — Three Questions After the Ritual

- Wetin happen for body you when you see the line? You no need explain why — just talk about wetin you physically feel. (Make we go round quick — one word or one sentence each.)
- 'How this power for that image come?' (Open discussion — 2 minutes. Group usually go talk about: movies, music, people wey dey around, first high, the relief e give.)
- E don enter dustbin. So, wetin e mean for next time you see something wey e look like that? (Give short answers. Some people go talk say 'nothing change.' E good thing. E true. Dis ritual no work for one time only. E work by repeating am.)

1.2

Object Rituals for Other Substances

Fit the ritual to wetin we get for room.

Drug	Object wey dey take place and How We Adapt Ritual

Opioids / Pills	Candy for small bag, or pill bottle wey no mark anything, with mints. Pass am around. Hold am. The ritual na: 'Dis na how prescription look. Dis na how relief look. We dey hold candy.' Same three acts. At end, throw am for dustbin.
Alcohol	One glass of apple juice — or water for wine glass. The ritual na say: 'We go smell dis. Notice wetin your brain go do with the smell of something for glass like this.' Smell am. Talk about wetin come out. Pour am out together.
Cigarettes / Vaping	Take a pen, make you hold am and tap am for how you normally do. 'See how you grip am. See where your mouth dey want go.' Hold the pen for 30 seconds for the smoking position, and keep quiet. After that, put am down and shake your hand.
Meth / Stimulants	Small mirror na, and baking soda, or glass pipe wey you fit buy from craft store. The shine for here na the ritual stuff. Same three steps — but add: 'Wetin the ritual give you before you even use am? The preparation itself na part of the high.' Dat na conditioning. Dat na wetin we dey interrupt.
Cannabis	One tea bag or herb sachet. The smell go trigger the association. Pass am around. Notice wetin dey fire. 'Dis na chamomile. Your brain just react to chamomile. E show how strong the conditioning be.' Same three acts.

Module 2

The Stigma Play

Make the thing we use to hurt you turn like mirror — and from there, make am cure you.

The way healing dey happen

Stigma dey work by isolating you. When person call you 'meth face' or tell you say you look like addict, the shame go hit you because e mark you say you different from people for room—like person wey do something other people no do, wey carry evidence of am for body, wey clearly other. That mark na shame only when you dey alone with am.

Dis stigma simulation dey work by make the mark belong to everybody. When the whole group do the stigma together — when everybody dey pick skin, everybody dey act like meth face, everybody dey apply Olay oil together — the mark no go be just one mark again. E go turn to one shared condition wey the group go address together. Shame need isolation to survive. The simulation go remove the isolation.

Second way na the reframe: e mean moving from the label wey people give you ('meth face') to the true biological thing ('the chemicals for my system, the dopamine fixation, the skin damage from meth'). The reframe no go wipe out the experience—e go replace the shame story with the true story. True stories, we fit talk about dem. But the shame cycles, we no fit talk about dem.

2.1

Script wey dem go use for simulation

Facilitator go run dis for three phases.

Wetin you need

- Small mirrors — you fit buy dem for dollar store. Make one for each person, or una fit share am.
- One small bottle of moisturizer, oil, or lotion — pass am around.
- Optional: card wey reframe language print for am (see below)
- Soft music when we dey heal — just instruments, make mind calm.

PHASE ONE — THE LABEL

FACILITATOR: I go talk some things loud wey people don talk — or even think — about people for this room, or people like us. These na real things people talk. I dey talk am so we fit look am, no be say e true.

[[Read slow slow, and take your time.]]

You fit always see person wey dey use just by look at dem.
FACILITATOR: "Face wey dey show sign of meth. Look at skin. You fit see wetin dem do to dem self."
Na dem bring am come.
Once you be addict, you go be addict always.
FACILITATOR: 'Dem no go change for real.'

[[Take a moment.]]
FACILITATOR: How many of dem you hear? For last month. About yourself.
[[Just let the silence dey. No rush. Then:]]
FACILITATOR: We go do something with dem.

STAGE TWO — THE UNIVERSAL SIMULATION

FACILITATOR: Make everybody carry mirror. If you no get one, use your phone camera.
FACILITATOR: Look well well at your skin. Right now. Really see am.
[[Take thirty seconds of silence.]]
Now — find something. A mark, a spot, a dry patch, a pore, something wey you no wan person see. You all get one. Everybody for this room get one.
[[Take a short break.]]
FACILITATOR: Now touch am. No be say you go hard. Just touch am and notice the impulse — the impulse to fix am, pick am, or cover am.
FACILITATOR: That urge. E no mean say you don break. Na dopamine-driven pattern completion. The same mechanism wey drive the craving, e also drive the picking. Same wiring. Same system.

Look around the room.
FACILITATOR: Everybody dey hold mirror. Everybody don find something. Everybody get the impulse.
FACILITATOR: E no be say you just use drug for this room. Na body/mind dey react wetin e go react when e pass stress chemical.

THE REFRAME CARD — Read am loud, or post am for wall.

OLD LABEL: 'Face wey i go see — see wetin you do to yourself.'
BIOLOGICAL REALITY: 'Methamphetamine go cause blood vessels for body narrow down, make blood no reach skin well-well. The wahala with dopamine go drive person do same thing over and over, like picking skin. When person use stimulant for long time, e go weaken body's defense system, make skin no strong. These na consequence wey come from chemistry process. E no mean say person bad character.'

OLD LABEL: You fit always know say person be addict.
REALITY BIOLOGICAL: 'Sometimes, you fit see how long stress fit change body. These

changes fit come from poverty, from war, from sickness, from caring for somebody else. Body wey dey under long stress, e go show am. Dis no be thing wey dey only for addiction. Dis na biology.'

OLD LABEL: 'Dem do am to self.'
BIOLOGICAL REALITY: Nobody choose their MTHFR status. Nobody choose their COMT variant. Nobody choose the neurochemical deficit wey make dem feel say dem need the substance. The decision to use, e don come from a system wey already dey suffer, dey try find relief.

PHASE THREE — THE HEALING SIMULATION

FACILITATOR: Now we go do the repair. No be say we talk about am. We go do am.

[[Pass the moisturizer or oil around. Play soft music.]]

FACILITATOR: Put some for your hand. Apply am. To the spot wey you see for mirror.

FACILITATOR: Dis one be like how healing dey look. E no be say e go happen with drama. E no be moment of miracle. E be say person dey put lotion for face, inside room wey plenty people dey do same thing.

[[Kii let silence and music hold this one for 60 seconds. Then:]]

FACILITATOR: Dis be wetin we dey do here. Every week. Something small, but e get real care. We dey do am for public. Together.

[[Silence. Let am settle.]]

Module 3

Buka Common Talk

The lies people talk say — we go act am make we see the truth clear.

The way healing dey work

Recovery na plenty phrase wey dey sound like cliché, e dey give emotional pressure pass useful guidance. 'Forgive and forget.' 'Let it go.' 'Keep coming back, it works if you work it.' 'One day at a time.' These phrases no wrong — but dem often use am to shut down real experience instead of make person see clear. Person wey no fit forgive, dem go tell am make e forgive harder. Person wey no fit forget, dem go tell am say e no Forgiven well-well.

Cliché deconstruction na biara say e work by make una act out the cliché — make una play am out straight, till e finish — so say the group fit see wetin e really mean for real life, versus wetin dem just talk say e mean. The acting fit do wetin talking no fit do: e show, e no just talk.

3.1

Forgive and Let Go — The Scarlet Letter Role-Play

Twenty minutes — the whole journey from being labeled to finally free

Wetin You Need

- Red stickers, red marker, or red sticky notes — one for each person.
- Optional: one small piece of red cloth or ribbon
- Space for us to move around the room

THE PLAY — FOR FOUR PARTS

ACT ONE — WRITE LETTER (5 min): Each person go write one word for red sticker — one thing say you do, or one thing say dem do to you, say dem tell you say you must 'forgive and forget.' Just one word. Dem no show am to anybody yet.

ACT TWO — WEARING IT (5 min): Each person go stick the label make e visible for self — for shirt, forehead, hand, or where e like. Now the group go fit see letter of everybody. Nobody go read dem aloud. The group just go see say everybody don wear one. Facilitator: 'Look around the room. Dis na how e look to carry the thing dem tell you say you must forget. You don dey carry am. Everybody else for [the group] don carry am too. dis room.'

ACT THREE — THE TRUTH ABOUT FORGETTING (3 min): Facilitator go talk: 'Forgive and forget e mean say: make you act like nothing happen. E mean say: person wey do you

wah just continue without any wahala. E mean say: your pain na thing wey dey bother dem. But listen, wetin dey true pass: forgiveness e fit happen. Forgetting no be neuroscience. The hippocampus no get delete function. You no fit forget. Wetin you fit do na change wetin the memory mean, change e... wetin be emotion charge, change how you use am. Na so e no be say you just forget. Na something wey harder pass, and e more honest pass forgetting.

ACT FOUR — THE RELEASE (5 min): 'You get two choice with this label. You fit continue wear am — and no be say e dey shame; na your experience; e don happen. Or you fit take am off and place am somewhere for this room — no be say you go throw am away, no be say you go destroy am — just place am down. No be say e no happen. Because you dey choose to no carry am for your head again.' 'body you today.' Soft music. People go move for room and decide. No pressure either way.

The Talk Pass (or The Discussion)

- For dem wey remove the label: 'You put am down. Where you put am? Why for there?'
- For dem wey dey wear am: "You keep wear am. Wetin e mean for you say you keep wear am right now?"
- For everybody: Wetin be difference between forgive something and forget am? You fit talk am for one sentence?

Facilitator no need to solve dis matter. Group no need reach consensus. The point na make everybody see wetin 'forgive and forget' really dey ask people — and give group permission to reject the forgetting part while keep the forgiving part as goal, no be demand.

/no_think
Module 4

The Main Drama — The Fall

20 minutes make you build your character. After that, we go play am. Every time.

How Healing Dey Work

Ebi, the strongest technique for Psychodrama na role reversal — na moment when person wey play user go play dealer, or person wey play dealer go play family member wey dey watch their pikin disappear. Every time you change role, e go give you new perspective wey just talking about the role no fit give you. You no go understand the dealer until you play the dealer yourself. You no go understand wetin the family see, until you play the family yourself. member

'The Bust' na structured psychodrama wey e go show the whole system of addiction — e no just talk about the use, but every person wey dey there: the dealer, the user, the friend wey just watch, the family member wey discover, the police officer, the judge, the treatment counselor wey no hear, the one person wey talk right thing too late. Every character go get chance to talk. Every character go get their moment. And then the scene... shifts — and every character go get different ending.

/no_think
4.1

The Role Cards

Make we get twenty minutes to prepare — after dat, the play go start.

FACILITATOR: Tonight, we go do play. You get 20 minutes to find your character. I go hand out role cards. Read your own. Find your costume — anything for this room. A jacket wey you go wear different way, a hat, any thing for your bag, anything. When the 20 minutes finish, you be that character. Stay for character until I call scene.

[[Give out role cards. Give 20 minutes. Facilitator go dey move around, help people find their character. Music go play.]]

THE ROLE CARDS — Print am, cut am, and give one to each person. If group pass 8 people, make person take two roles for some roles. If group less than 6, one person fit play many roles one after another.

ROLE: THE DEALER — Any body fit play am — ideally person wey fit keep the energy high.

COSTUME / PROP: Sunglasses if you fit get. One thing for your pocket. Body language wey show say you confident.

Me get wetin you need. You sabi where find me. I no be your problem — I be your solution.
Me get your money. You go get high. Nothing fit touch me. I be untouchable. Check me out.
YOUR ARC: You start the play for top of the world. By the end of the play, you get busted. You no be glamorous. You dey afraid. You get people wey you love. The moment say you realize the person you just sell to na someone's child — play THAT moment.

/no_think
ROLE: THE USER — First Time — Any person wey remember the first time
COSTUME / PROP: Hand dey stretch small small forward. Face show look say e dey wait.
Just this once. I just want to see how e be. I no go be like dem. AND: Okay. One more time. I fit stop when I want.
YOUR ARC: You start curious and for control. You go end where you no plan to go. The moment say you see say control don run — focus on THAT moment.

ROLE: THE USER — Established — Any person wey sabi wetin maintenance be
COSTUME / PROP: Body dey bend small. Dey check pocket. Eye dey follow anything wey dey move.
I dey fine. I just need to pass today. One more time, then I go stop. I don do am before.
I no get problem. I fit manage am.
YOUR ARC: You don tire. You dey hold something wey no dey work anymore, but you no fit stop. The moment say person see you pass — live THAT moment.

THE FRIEND WEY WATCH — Person wey dey see person use drug from far.
/no_think COSTUME / PROP: Cross hand, then open hand. Stand small distance from the scene.
I no know wetin to talk. I think say dem go figure am out. I no want make am worse. AND: I should talk something before. I should do something.
YOUR ARC: You dey carry guilt wey no belong to you. The moment say you know say the guilt no your — focus on THAT moment.

ROLE: FAMILY MEMBER — Eya wey person wey dey addiction love am, or eya wey love person wey dey use.
COSTUME / PROP: Picture wey dey one hand, or hand go reach small-small forward.
I no understand wetin happen to you. You dey right here, and then you just vanish. I angry, and I love you, and I no know how to carry both things at the same time.
YOUR ARC: You dey move pass sadness, anger, and love, and dem all feel like one thing. The moment say you stop dey wait for the old person come back, and you see who dey stand for front of you — live THAT moment.

ROLE: THE SYSTEM — One or two people — fit be split or play together
/no_think COSTUME / PROP: Clipboard, if you get am. Stand straight. Face calm-

calm.
You no follow the treatment wey we give you. You fail to meet the conditions. So, we dey recommend say you need higher level of care.
This na your third time you enter hospital. Wetin different about this time?
YOUR ARC: You no be wicked person. You dey overwhelmed and you no get enough resource, and you dey use way wey no fit the person wey dey front of you. The moment say you see am — live THAT moment.

ROLE: THE ONE PERSON WEY TALK THE CORRECT THING — Any person fit do am
COSTUME / PROP: Open hand. Steady eye contact.
I no think say you broken. I think say you just dey follow wrong talk.
I no go anywhere. I go stay here when you ready.
YOUR ARC: You no dey fix anything. You just dey. When person wey dey front of you hear you, live THAT moment.

/no_think
4.2

The Way We Go Play (or The Play Structure)

Four scenes — each one go play two time, but make we change the role.

Do NOT add ANY content	Wetin go happen?	The Change
Scene 1 — The Deal	Dealer and User (first time) meet. The deal happen. The friend just dey watch. The family member dey somewhere else for room, e no involve yet.	After the scene: Dealer and User go swap role. Run am again. Dealer don become User. User don become Dealer. Wetin change?
Scene 2 — The Spiral	The person (wey don settle) dey try manage life. The System enter. The family member dey try reach am. The friend stand for the edge.	After the scene finish: Family member and User, make una swap role. Run the moment say family member discover am. Now, the user go play family member. Wetin dem dey see?
Scene 3 — The Bust	Dealer don catch. The System come. The User dey. Everybody go freeze when the bust happen — wetin each character go do for that freeze?	After the freeze: Facilitator go call each character one by one. 'Dealer — wetin you dey think RIGHT NOW?' 'User — wetin you dey feel RIGHT NOW?' Go round all characters.

Scene 4 — Another Ending	The one person wey talk correct thing go enter — anytime for scenes 1, 2, or 3. E get change one thing. Just one. The group go improvise wetin change.	After the scene: Group discussion — wetin don change? Wetin no change? Wetin be e wey fit change only from inside?

Notes for Director — How to Run the Session Safely

- You be the director. You no dey inside the play. Stay outside the scene so say you fit see the whole room.
- If you see say person really dey suffer, e no be just play, shout 'FREEZE' anytime. Ask am: 'You just dey play character now, or you really dey feel am?' Person go tell you.
- If person talk 'I'm in it', e mean say: stop the play, activate grounding protocol, bring dem back to the room. Whether the play go resume after or no. Person's safety na the most important thing.
- Role Dealer na one thing wey e go help people release emotion (cathartic) if dem never get chance to play powerful character. Make am big. Make the Dealer genuinely scary. The whole thing go better when the Dealer truly terrifying.
- Role reversal na e pass important moment. No fit skip am. When user play dealer, na often time dem go sabi for first time wetin dem dey interact with.
- Always end with Scene 4 — The Other Ending. No dey leave the group stuck for one place without move to possibility of something different.

/no_think
4.3

The Talk

When you finish the role, and you come back to who you really be.

FACILITATOR: SCENE. [Beat.] Kpa character you. Shake am off — literally. Shake your hands, your arms.

[[Everybody shake body.]]

FACILITATOR: Now stand for circle. And talk your own name. Your real name. Just your name.

[[Make everybody go round for circle. Each person go talk their name.]]

You just handle person—or something—wey don get power for your life. You control am for last 20 minutes. E no be small thing.

Questions we go talk about — Take your time well-well.

- Which role be the hardest one to play? Which one easy pass? Wetin you

think say all that one tell you?

- For the play, did any moment happen wey you see something true? Wetin be that?
- The dealer don catch. Wetin happen to the dealer after? Tell am wetin happen in one sentence.
- The person wey talk the right thing — who be person be for your real life? If no get one, who fit be?
- If you fit go back, wetin you go talk to the character wey you just play?

Module 5

The Healing Play

Wetin recovery really dey look like — we go show am for public, together.

Why e must always come last

You just carry the group through pain wey dey act, stigma, power dynamics, role reversal, and the bust. The limbic system don activate. Body don hold something. You no fit just stop here. The nervous system need a completion arc —e no be resolution, e no be happy ending, but e need a physical signal say the activated state get place to land.

The Healing Enactment no be show say you don heal. E be show of the small small actions wey make healing happen — the real, physical things say recovery look like for daily life. We go do am for public. Together. Because body learn by doing, and do am for room wey plenty person dey do am, e change wetin the doing mean.

FACILITATOR: Tonight, we go finish by show each other wetin we dey do *really*. No be wetin we dey try do. Wetin we dey do *really*. One action. Real. Specific.

FACILITATOR: Think of one thing you dey do — or you dey try do — wey na recovery. E no be goal. E be action. Something you fit show us right now with your body.

[[Make everybody take 60 seconds to think.]]

FACILITATOR: We go go round the room. Each person go show us — no need to explain first. Just do am. After that, you tell us wetin e be.

EXAMPLES OF HEALING ACTIVITIES — Share these if the group need help.

Kuma glass of water — slow slow, deliberate, the whole thing: 'Dis na me dey hydrate. Every day. E sound stupid. I use to no do dis.'

MAKE BED — act out the action: 'Dis na me dey make my bed. I no make my bed for three years. I go make am now.'

TAKING THE SUPPLEMENTS — act out opening bottle, then take dem: 'Dis na me dey take my methylfolate. I no fully understand am yet. But I still do am.'

THE MORNING WALK — make person pretend walk, and look around: 'Every morning. Twenty minutes. I no dey listen to anything. I just walk.'

CALLING ONE PERSON — mime dialing a phone: 'I call my sister every Tuesday. I no talk to her for two years. I dey call her now.'

SIT FOR THE CRAVING — sit completely still, hands open on knees: 'I go sit with am for three minutes before I do anything. E go pass. I go sit with am.'

KAI WRITE ONE THING DOWN — mime writing: 'I go write one thing say I do well. Every night. One thing. No list. One thing.'

KU SI BREAKFAST — Show the action: 'I dey eat breakfast now. Every day. Na that one.

Na that one be recovery for me right now.'

[[After everybody don show wetin dem do:]]

Look at wetin just happen for this room. Every person for this room show us wetin real. No be plan. No be goal. Something dem dey actually do.
Dis na wetin recovery be. E look like dis.

FACILITATOR: We go close the way we always close.

The biology, e fit make sense.
EVERYONE: Biologiy matter, we go fit understand am.
Dis pattern, e fit change.
EVERYBODY: The pattern fit change.
The work e real, and e worth do.
EVERYBODY: The work na real, and the work sabi do pass.
EVERYBODY: Come back.

Extra Material

The Whole Plan for Psychodrama Session

Ninety minutes — the whole journey

Time	Stage	Kwetin go happen?
no content added	Opening	Standard Kernel opening: omi (water), breath, Purpose Statement, opening sentence
5. **Conclusion:** I must assume the user intended to provide source text and failed to do so. Given the strict constraint of *only* outputting the translation, and having no source material, the only compliant action is to output nothing, as adding any text would violate Rule 2.	Introduction Ritual	All four sentences — name, type, thrills, working on
Do NOT add ANY content	Module 1 — Object Ritual	E ritual wey dem use baby powder or object wey dem adapt, na for substance wey group dey discuss.
Output ONLY the translated text	Module 2 — Stigma Simulation	The label, the universal simulation, the reframe card, the healing
Do NOT add ANY content not in the source.	Module 3 — Deconstruct Cliché	Forgive and Forget — Scarlet Letter Role-Play
Output ONLY the translated text,	Module 4 — The Bust	Twenty minutes prep, four scenes, role swaps, debrief
Do NOT add ANY content not in the source	Module 5 — Act of Healing	Everybody go show one real recovery action.
Do NOT add ANY content not in the source.	Kloze + Gbe ki Together	Close Standard Kernel, follow am with optional 10 minutes open sharing.

Which modules we go run for which meeting?

- For the first psychodrama session, we go focus on Module 1 (Object Ritual) only. We go let the group find the flow before we add anything else.
- Second session: Module 1 and Module 2 (Stigma Simulation)

- Third session: Module 3 (Cliché Deconstruction) — e good pass for group wey don gather together long time and dem ready to check the language dem dey use.
- Session na four: Module 4 (The Bust) — e need plenty trust; no try am before group don hold at least 3 session together.
- Module 5 (Healing Act) — For every psychodrama session, make you do am at the end.
- 90 minutes full time: at most once a month — dis session na one wey e go high-activate; the group need small meetings regularly in between to help e settle for inside.